

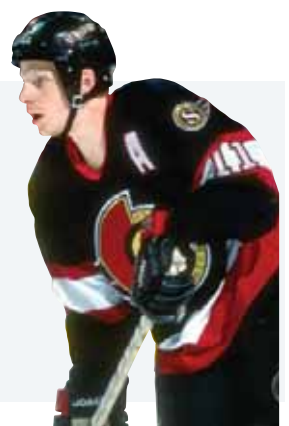


Extra nice with almonds, spice

Apple honey cake gets flavour boost from Indian spices PAGE 20

ALFREDSSON'S COMING BACK!

SWEDISH STAR SAYS HE'S STRONG AND READY TO PLAY ANOTHER YEAR, AND MAYBE MORE PAGE 21



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BRONZE METTLE

Canadian Olympic athletes, from left, judoka Antoine Valois-Fortier, diving duo Roseline Filion and Meaghan Benfeito, and weightlifter Christine Girard, all captured bronze medals at the London 2012 Olympics. More Olympic coverage, pages 22-24. VALOIS-FORTIER: GETTY IMAGES; FILION AND BENFEITO: THE CANADIAN PRESS; GIRARD: GETTY IMAGES

Gossip — it's immortal?

Despite describing her work as 'smut', gossip blogger Elaine Lu, better known as Lainey, says it does a reader good PAGE 3

Beats the crap out of gluten

With gluten-free products now all-the-rage, stores can't keep the cereal Holy Crap — pitched on TV show Dragon's Den — on the shelves PAGE 4

Anti-whaling fugitive at sea

Canadian activist wanted in at least three countries vows to continue to disrupt Japanese whaling fleets PAGE 7

Canadian fun on the cheap

With just a month left for summer vacation, check out five ways to enjoy good times across the country without going broke PAGE 13

Phelps breaks medal record

Gold and silver medals on Tuesday make U.S. swimmer Michael Phelps the most successful Olympian ever PAGE 22



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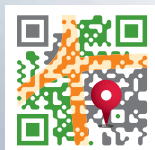
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Accused in criminal libel case says she was a victim: Detective

Bad review. Customer accuses restaurateur of defamation through fake online profiles



JOE LOFARO
joe.lofaro@metronews.ca

The accused in a defamatory libel trial told Ottawa police that she felt like the victim after a customer wrote a pair of bad online reviews of the restaurant she co-owns, court heard Tuesday.

Marisol Simoes, co-owner of Mambo Nuevo Latino, is on trial for criminal libel. She is accused of setting up fake email accounts, purporting to belong to customer Elayna Katz, which were used to send sexual emails to Katz' colleagues. She is also accused of setting up a fake, sexual online profile of Katz.

Ottawa police Det. Lee Sabourin testified that he received a phone call from a

"quite upset" Simoes, after she saw comments posted from Katz about her bad experience at the restaurant on May 28, 2009.

Katz testified she was unhappy with her experience at Mambo and when Simoes wouldn't speak with her about it, she wrote about it on the Internet instead.

Sandra Isabel Diaz managed Simoes' other restaurant, Kinki, and testified that Katz would call the restaurant several times per day for about two weeks asking what would be done with her complaint.

"She wouldn't talk, she would just yell," Diaz said in her testimony. "She was yelling at me like a little kid."

Diaz said she called Katz's employer, the Federation of Canadian Municipalities (FCM), to complain about the phone calls.

Defense counsel Henry Burr argued it could have been someone connected to the dispute, other than Simoes, who was responsible for making the fake profile on an adult dating



Marisol Simoes, co-owner of Mambo Nuevo Latino restaurant, leaves the Ottawa Courthouse Tuesday in a white car after listening to closing testimony in a defamatory libel case. JOE LOFARO/METRO

website and sending the fake emails. Diaz denied having anything to do with it.

Burr argued there is still not enough evidence to prove

beyond a reasonable doubt that Simoes sent the email or created the dating profile. The Crown maintains that Simoes is responsible. Justice Lahaie

will make her decision Aug. 29.

Follow Joe Lofaro on Twitter @giuseppelo



Gossip reveals human condition: Blogger



Lainey poses for a photo at the Terence Robert Gallery on Tuesday. JESSICA BEDDAOUI/FOR METRO

Gossip is immortal. That's why Elaine Lu, known as Lainey, made a career out of it.

"People have been gossiping since the beginning of time, since we discovered the sun," said Lainey at the Terence Robert Gallery Tuesday as part of her travelling lecture series on celebrity, culture and gossip. "The subject of gossip right now just happens to be celebrities."

Despite calling her work "smut," she and the writers who work for her won't gossip about just anything, despite how popular the subject may be.

"We want to be presented

as first class gossip, PhD gossip. We want to be talking about the A List. I have no desire to talk about the F list," Lainey said. "The Kardashians don't meet that criteria."

Despite the lowbrow quality of her work, Lainey said it does her readers good.

At her stop in Ottawa, she shared gossip about what she

calls the "slut shaming" of Kristen Stewart after photos of her cheating on boyfriend Robert Pattinson surfaced and were reblogged on sites like her own. According to Lainey, the star's former fans' harsh reactions are a reflection of the "regression of women in modern society."

JESSICA BEDDAOUI/FOR METRO

Quoted

"What I think about celebrity gossip, when it's done right — and I think I'm doing it right — is that it can be insight into and a reflection on human behavior and social condition." Lainey

On the web



Water polo athlete Rosanna Tomiuk may not have qualified for the London Olympics, but her tribute to Team Canada is definitely worthy of a medal. Scan the code to watch her musical shoutout to Canada's Olympians.

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Online privacy. Is remote storage safer north of the border? Debate gets cloudy

If you're worried about the privacy of your personal data when it's stored in a foreign "cloud," the claims of a local company won't have you resting any easier.

"The big issue with the Patriot Act in the U.S. is that anyone's information could be accessed," said Aydin Mirzaee, co-CEO of FluidSurveys, an online survey site.

Cloud storage refers to data stored remotely. Ottawa-based FluidSurveys uses servers based in Canada and has been able to grow its customer base by 50,000 in the past six months over fears about how the Patriot Act affects the security of data stored abroad.

Mirzaee advocates switching services to companies at home so that your data falls under Canadian law.

But Canada also has laws allowing authorities access to personal data stored in cloud computing services online, according to Anne-Marie Hayden, a spokesperson for the Privacy Commissioner of Canada.

In the U.S., court-ordered search warrants and subpoenas are still required

Quoted

"So many customers are coming back and saying they need to buy servers in Canada. It's giving Canadian companies an opportunity to get started."

Aydin Mirzaee, co-CEO of Ottawa-based FluidSurveys.

under the Patriot Act.

In fact, under Canadian law, there are ways of transferring personal data across borders.

Under the Personal Information Protection and Electronic Documents Act, if businesses follow security guidelines, they can move data to a cloud hosted in a different country.

Still, Canadian companies can take advantage, said Mirzaee. "So many customers are coming back and saying they need to buy servers in Canada," he said. "It's giving Canadian companies an opportunity to get started."

GRAHAM LANKTREE/METRO

Gluten-free craze. 'Crap' cereal's popularity booming

Holy Crap didn't need money from the dragons of Dragons' Den. Creators Corin and Brian Mullins pitched the gluten-free cereal on the television show in 2010, but ultimately decided not to enter into a deal with a dragon.

Since then, gluten-free products have gone mainstream, and Holy Crap is now selling six tonnes a week and bringing it to the corners of Canada in a cross-country tour, the Mullins said in Ottawa on Tuesday.

The cereal has really struck a chord with health-conscious customers, Corin said, because of the growing awareness and

diagnosis of gluten allergies and celiac disease, which affects one per cent of Canadians.

Since gluten is found in wheat, barley, oats and rye, sufferers are limited to grains like millet, soya beans and rice. That cuts bread, beer and oatmeal out of their diet.

"The last generation didn't know about these diseases very well. It's like lactose intolerance," said Dr. Farah Hosseinian, assistant professor of food science and nutrition at Carleton University. "So I think gluten products will stay long-term."

GRAHAM LANKTREE/METRO



Holy Crap general manager Rob MacNeil, gluten-free nutritionist Kathy Smart and Rob's son, Liam, are travelling across Canada selling cereal and raising awareness about celiac disease. GRAHAM LANKTREE/METRO

Gatineau

Police investigate residential arson

Gatineau police are investigating a fire set at a home while the residents were out of town watching their son compete in the Jeux du Quebec.

At about 10 a.m. on Monday, a neighbour noticed smoke coming from the home and called 911. Police said one or more people broke into the home and set several fires.

"There was more than one place at the residence that was set on fire," said Gatineau police spokesperson Pierre Lanthier. Damages are estimated at \$200,000.

JESSICA BEDDAOUI/FOR METRO

No injuries

Suspect sought in attempted jewelry store robbery

Ottawa Police are asking for the public's help identifying a man who tried to rob a jewelry store Thursday.

At about 2 p.m., a lone man entered a jewelry store in the 1900 block of St. Laurent Boulevard. The

suspect smashed a display case and eventually fled the store empty handed.

The suspect is described as a black man with a larger build, 185 centimetres tall and 22 to 25 years old with dark hair. Police said there were no customers in the store during the attempted robbery and nobody was hurt. Anyone with information is asked to contact the Robbery Unit at 613-236-1222, ext. 5116, or Crime Stoppers at 613-233-8477 (TIPS) or toll free at 1-800-222-8477.

JESSICA BEDDAOUI/FOR METRO

Bells Corners

Two men charged in home invasion

Ottawa police have charged two men in connection with a home invasion on Sunday that left two occupants with minor injuries.

Two suspects broke into a Bells Corners home in the 0-100 block of Forester Crescent Sunday, at about 8:40 a.m., police said. Two intruders, one of whom was armed with a knife, confronted one of the occupants who managed to escape by jumping off a second-storey window.

JESSICA BEDDAOUI/FOR METRO



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story and then get writing!

Every road trip offers...

... memories to last a lifetime, but my most memorable was spent touring the Rocky Mountains in Alberta with my family. My parents packed my brother and me, aged 9 and 13, into our family SUV for a two-week trip.

I'm sure there were squabbles along the way, but when I look back I recall wonderful moments. I remember sunny days, stopping for ice cream at viewpoints along the highway, singing along to popular radio hits as we wound through the mountains and countless giggles as we entertained ourselves with silly road trip games like "I Spy".

But by far, the best part of our road trip was an unexpected adventure along the way. On an excursion to Lake Louise we took a wrong turn, and found ourselves driving down a secluded road underneath a canopy of trees, all alone except for an occasional sighting of wildlife. The views were spectacular and no one was in a hurry to return to the highway, so we carried on.

Eventually, the pavement became bumpy gravel. Crawling along at 10km an hour, we finally came to the end of the road – with a magnificent vista in view: sparkling turquoise water encircled by rugged mountains. Rather than reaching our planned destination, we had accidentally discovered Lake Moraine, a pristine glacial lake, far away from the touristy crowds. We sat still and quiet in the car, taking in the breathtaking view and realizing how lucky we were to get lost after all.

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Lights out — again! World's biggest blackout hits India

Another day of chaos. Second power outage leaves 620 million in the dark, sparking the question: Can Indians cope with change?

The world's biggest-ever power outage left 620 million people in the dark Tuesday.

More than half of India was blacked out when three regional grids collapsed.

Hundreds of coal miners were trapped underground.

Trains stalled across the country and New Delhi's Metro shut down. Even electric crematoria stopped oper-

Quoted

"India has outgrown its own infrastructure."

Jagannadham Thunuguntla, a strategist at SMC Global Securities.

ating, some with bodies half burnt.

The massive failure came a day after a similar outage hit 370 million people.

And it raised serious concerns about India's outdated infrastructure and the government's inability to meet the huge appetite for energy as the country aspires to become an economic superpower.

Power Minister Sushil Kumar Shinde blamed the new collapse on states taking more than their allotted share of electricity.

"Everyone overdraws from the grid," he told reporters.

He added: "I gave directions that states that over-drawing should be punished."

Power officials said the system would not be back to 100 per cent until Wednesday. A bleak fact behind the outage: A third of India's households don't even have electricity to power a light bulb.

THE ASSOCIATED PRESS



Life must go on: A barber in Kolkata, India, holds a candle as he cuts a customer's hair Tuesday amid the massive power outage that threw about half the country into chaos. BIKAS DAS/THE ASSOCIATED PRESS

World-beaters

Some notable power outages around the world:

- **November 10, 2009.** Storms cut power to 60 million Brazilians for two to three hours. Paraguay also blacked out.
- **January-February 2008.** Winter storms cause a nearly two-week blackout for about four million people around Chenzhou, China.
- **August 14, 2003.** Power line problems in the U.S. Midwest trigger a cascade of breakdowns that cut power to 50 million and parts of Canada.
- **March 1989.** A solar geomagnetic storm knocks out power to six million people in Quebec for nine hours.

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Anti-whaling fugitive chooses seas over jail cell

Paul Watson. Canadian activist who is wanted in at least 3 countries is determined to disrupt Japanese whalers this winter



Paul Watson
THE CANADIAN PRESS/DAPD / MARIO VEDDER

Paul Watson, the fugitive founder of environmental group Sea Shepherd, vowed Tuesday to continue disrupting Japan's whaling fleet when it heads for the southern oceans this winter, despite authorities in at least three countries seeking his arrest.

The 61-year-old Canadian was detained in Germany in May on a Costa Rican extradition warrant that accused him of endangering the crew of a fishing vessel in 2002.

About 10 days ago Watson, who sees himself as an advocate for whales, sharks

and other marine animals, skipped bail after learning that Japan, too, was seeking his extradition from Germany.

"I can serve my clients better at sea than in a Japanese prison cell and I intend to do just that," he said in a

statement issued by his U.S.-based group, which didn't disclose his current location. "In December, our ships will sail forth for the ninth campaign to oppose the outlaw Japanese whalers in the Southern Ocean Whale Sanctuary."

The Southern Ocean Whale Sanctuary is a vast conservation area around Antarctica in which commercial whaling operations are banned.

Watson said he believed the Japanese warrant related to the collision of a Japanese whaling support ship and a Sea Shepherd boat in January 2010. Sea Shepherd has accused the Japanese ship of deliberately ramming its futuristic, rocket-shaped boat, the *Ady Gil*, and eventually causing it to sink. The whalers denied it, saying the *Ady Gil*'s captain deliberately put his vessel in their ship's path.

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Patent trial. iPhone technology copied by Samsung, Apple claims

An attorney for Apple told a jury Tuesday that rival Samsung faced two options to compete in the booming cellphone market after Steve Jobs introduced the iPhone to critical acclaim in 2007: Innovate or copy.

Attorney Harold McElhinny claimed Samsung Electronics chose to copy, making its smartphones and computer tablets illegal knockoffs of Apple's popular products.

Samsung "has copied the entire design and user experience" of Apple's iPhone and iPad," McElhinny told a 10-person jury during his opening remarks at the closely-watched patent trial.

Samsung denies the claims and its lawyers were expected to deliver their opening statement later in the day.

Samsung has previously countered that Apple did the stealing. It has also said some of the technology at issue — such as the rounded rectangular designs of smartphones and tablets — has been the industry standard for years.

The witness lists of both sides are long on experts, engineers and designers and short on familiar names. For

Tech tussle

- A verdict in Apple's favour could send a message to consumers that Android-based products such as Samsung's are in legal jeopardy, Lemley said.
- A verdict in Samsung's favour, especially if it prevails on its demands that Apple pay its asking price for certain transmission technology, could lead to higher-priced Apple products.

example, Apple CEO Tim Cook is not scheduled to testify.

Apple filed its lawsuit against Samsung last year and is demanding \$2.5 billion US in damages, an award that would dwarf the largest patent-related verdict to date.

"In some sense, the big part of the case is not Apple's demands for damages, but whether Samsung gets to sell its products," said Mark A. Lemley, a professor and director of the Stanford Program in Law, Science, and Technology.

THE ASSOCIATED PRESS



Lowe's builds case for Rona takeover

A man carries building supplies from a Rona store in Toronto on Tuesday. Rona Inc. has rejected a \$1.76-billion unsolicited takeover offer from U.S.-based Lowe's Companies, which says it's still interested in buying Canada's largest home-improvement chain, issuing a statement that said institutional fund managers controlling about 15 per cent of Rona's stock have expressed support for the acquisition. NATHAN DENETTE/THE CANADIAN PRESS

Luxury living

NYC penthouse on sale for \$100M

What will \$100 million US buy you in New York? An exclusive listing is offering an octagon-shaped penthouse in midtown Manhattan that boasts three floors of living space, panoramic views of the city, six bedrooms, nine bathrooms and a wine room for 1,000 bottles. The penthouse is being sold by real-estate developer Steven Klar, who purchased it for \$4.5 million in 1993 and spent at least as much renovating it.

THE ASSOCIATED PRESS

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Air Canada's plans for low-cost carrier worries pilots



Members of the Air Canada Pilots Association protest in front of the company's annual meeting in Calgary in June. JEFF MCINTOSH/THE CANADIAN PRESS

Air Canada pilots are concerned that the airline's launch of a low-cost carrier could threaten their job security and working conditions, the union said Tuesday as the plans came closer to fruition after an arbitrator sided with the airline in a labour dispute.

A federal arbitrator chose Air Canada's final offer Monday, imposing a five-year collective agreement that includes, among other things, provisions allowing the airline to create a budget carrier.

The airline says the agree-

ment, effective until April 2016, will give it the flexibility it needs to compete with budget carrier Westjet, which operates mostly domestic flights and doesn't have Air Canada's issues with union and pension woes.

"Another piece has fallen into place with this arbitration decision," said Air Canada spokesman Peter Fitzpatrick.

"The industry has changed and a lot of low-cost competition has arisen around the world and in Canada. It's no secret Westjet has a fairly sig-

nificant cost advantage over Air Canada, so we need to create a vehicle that will be competitive."

Air Canada's top executives have said the launch of a discount carrier is a top priority, but details about the airline's plans are sparse.

Although Air Canada's offer indicates the low-cost carrier will employ workers from the Air Canada Pilots Association, the union's president says it will be "under drastically different terms of employment."

THE CANADIAN PRESS

Labour strife

- The pilots are one of two major labour groups at Air Canada that have recently been forced to accept the airline's final offer in labour negotiations.
- The other union is the International Association of Machinists and Aerospace Workers, which represents repair and ramp crews.

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FOR THOSE OF US WHO MISSED THIS IN KINDERGARTEN



JUST SAYIN'
Paul Sullivan
metronews.ca/justsaying

I don't know if I learned everything I needed to know in kindergarten, but there was lots of useful stuff, like waiting until the bathroom break to go pee.

Other stuff I'm still not sure

about, like "some think it's candy but it's not," and "cheaters never prosper."

The first one we'll save for another column, but the cheaters line always causes me to go hmmm. If that's true, why do so many people cheat?

Never mind the consequences, what's the value of the experience?

This is the question that must be going through the minds of the various cheaters who weren't paying attention in kindergarten. Almost everyone cheats, even though it's a hollow experience. Apparently, it beats the hollow experience of authentic existence. Maybe you have to go to graduate school to learn that one. Existentialism 101.

Yet, they still do it. Although anti-doping officials plan to run 6,250 doping tests at the current Summer Olympics, at least nine athletes (so far) thought they could beat the odds and have been caught and sent home, the latest being the proverbial Albanian weightlifter. Don't they have kindergarten in Albania?

Then there's that cheating vampire Kristen Stewart, who thought she could bite the wrong neck despite the fact that she's routinely surveilled by more cameras than a London subway platform.

Or how about Jonah Lehrer, the bright young journalist who resigned from the New Yorker this week after he got caught making up Bob Dylan quotes. "Who's Jonah Lehrer?" tweeted Dylan, who should talk. He stole Ramblin' Jack Eliot's voice. But then Ramblin' Jack was something of a cheat as well. He came across all Ramblin' Jack, folksy and wild-western, when in fact his real name was Elliot Charles Adnopolz and he grew up in Brooklyn.

Did Ramblin' Jack or Bobby ever stand up and say they cheated, that they weren't really itinerant troubadours who learned their art and wisdom on the highway? Uh, no. But making up quotes from an influential singer-songwriter, that's cheating. And if you weren't so busy nose-miming in kindergarten, you would know that.

The Father of All Cheats, a dentist named Kip Litton from Michigan, made up an entire marathon and placed himself first in it. Rosie Ruiz, the famed Boston Marathon cheat, had nothing on this guy. As well as the bogus West Wyoming marathon, Kip has cheated his way into Boston, and despite an exposé in this week's New Yorker (irony alert!) he's still going!

Cheaters never prosper. They also never give up. Didn't learn that in kindergarten, so it must be genetic.



Kristen Stewart, Little Miss Cheatie.
GETTY



Jonah Lehrer, El Cheato. HANDOUT



Kip Litton, the marathon cheater.
COURTESY MLIVE

Love the written word? Get lost



GETTY IMAGES

Literary art

Labyrinth of books makes for twisted tunnel

If you are a lover of the written word, you'll be amazed by this labyrinth.

Brazilian artists Marcos Saboya and Gualter Pupo used 250,000 books to create it.

The installation at Britain's Southbank Centre is a part of the London 2012 Festival, a three-month-long cultural event held concurrently with the Olympics.

METRO

Book worm

- **Inspired by a literary great.** Brazilian artist Gualter Pupo said the installation's design is based on the fingerprint of Jorge Luis Borges, one of Latin America's greatest writers. "He was almost a library himself," Pupo joked.

- **Maze's meaning.** Is it a maze or a bibliophile's dream? Pupo said the idea behind this interactive installation is to gaze at the covers and read the books, all to rekindle the power of literature first experienced in childhood. "People have

to look at literature and remember how it builds our character and personality," he said. About the concept of a maze, the artist profoundly added: "You need to get lost in order to find your right way."

- **Book sources.** Pupo said that about half of the books were donated by British charity group Oxfam, with the rest provided by numerous book publishers. Pupo, director of non-profit production company Hungry Man, said all the books will be donated back to charity after the exhibition ends on Aug. 26.

In numbers

50

volunteers a day for a three-week period were needed to assemble the 250,000-book-strong labyrinth, which is more than 500 square metres in size.

Online

Check out a time-lapse video of the 'booklayers' making the maze at metronews.ca.



Register at metropolitanpanel.ca and take the quick poll

How closely are you watching the Olympics?

43%
I PLAN TO
CATCH THE
BIG EVENTS

43%
I'M NOT WATCHING
AT ALL

0%
I'M RISING
EARLY TO
CATCH AS
MUCH AS I CAN

14%
I'M ONLY
PARTAKING
WHEN
THERE'S
NOTHING
ELSE ON

Twitter

@KevSmetana: Happy to hear Alfie is back for one more year #OttawaHero #GoSensGo

@jake_bradford88: re Daniel Alfredsson: if 40 is the new 30 then 24 is the new 18. Woo hoo! I'm 18!

@Chey2111: Omg #Alfie is coming back!!!! Whooooot whoot!!!! #Sens

@flygirl_747: And we appear to be getting our entire summer's worth of rain in one afternoon. #Ottawa

@elliott_jen: After sitting creepily in my car for a time, it's become evident there will be no softball in #ottawa tonight. #free carwash

@GunRick: Looking at a good storm. So stoked! Dance in the rain, #Ottawa!

SCENE 2



Neil Patrick Harris' Dr. Horrible Sing-Along Blog is being picked up by the CW network. HANDOUT

A look behind the CW curtain

TV critics press tour.

The CW announces adding Neil Patrick Harris online hit, and teases other upcoming network projects

AMBER
RAY

Metro World News

Dr. Horrible's Sing-Along Blog, Joss Whedon's three-part musical starring Neil Patrick Harris, Nathan Fillion and Felicia Day, officially makes its television debut on Oct. 9 at 9 p.m. on The CW, the network announced at the Television Critics Association press tour in Beverly Hills, Calif., this week.

The Internet hit, about a budding super villain (Harris), was created during the Writers Guild of America strike and first ran online in 2008. Mark Pedowitz, President of The CW, admitted he's a big fan of the musical, and said



The CW provided some spoilers about the new season of The Vampire Diaries. HANDOUT

he proactively touched base with Whedon to get Dr. Horrible on The CW.

"I made the phone call. I said, 'would you like it on television?' Pedowitz told journalists. Pedowitz explained that the series will be re-edited for time constraints, so what viewers will see is "basically what's been online."

As for additional Dr. Horrible stories, Pedowitz is

eager to bring any potential new episodes to The CW.

"Hopefully if Joss does another one, we'll get a crack at it," he said.

In other cult hit news, Pedowitz said the network would "love to do" a series based on the bloody, futuristic thriller Battle Royale, a Japanese film released in 2000 with a very Hunger Games-like plot: The government forces high-schoolers to

Also announced

The next cycle of America's Next Top Model will be the series' first college edition, featuring 13 model wannabes who are enrolled in universities and trade schools across the country.

- **Season starts.** Also new to the series is a social media correspondent, fashion blogger Bryanboy, who will share comments and video messages from viewers during judging. The season premieres Aug. 24 at 8 p.m.

fight to the death.

Though Pedowitz says he is a "big believer" in the show, particularly because of the movie's cult following and its dystopian plot, right now he says an adaptation is "at this point in time only in development."

"Not even in development."

Only a phone call."

Regarding fantasy/sci-fi series that are returning to The CW, Pedowitz said the new season of The Vampire Diaries will (spoiler alert!) explore Elena's transition into a vampire.

"Does she follow Stefan's path or Damon's path?"

Considering the series' high body count, Pedowitz confirmed there will be new faces on Season 4.

"There are always new characters," he said. "And those who are dead can return."

Also at press tour, The CW announced that the winner of The Next, a singing competition that travels the nation searching for new talent, will be awarded a contract with Atlantic Records. Premiering Aug. 16 at 9 p.m., the series features mentors Nelly, Gloria Estefan, Joe Jonas and John Rich finding local talent, then bringing the singers to Los Angeles, where they will vie for viewers' votes during live performances.

On the Web



Former American Idol finalist Kimberley Locke wants to judge the popular singing competition

Totally recall-ing these questions

New movie. Kate Beckinsale laments being asked the same questions over and over again at junkets

NED
EHRBAR

Metro World News

Kate Beckinsale has quite a ferocious presence in the new update on Total Recall, playing a government operative on the hunt for Colin Farrell's rogue agent with memory issues after working undercover as his doting wife. It's no easy job but she reveals the most difficult part is hearing the same questions over and over.

I've noticed when doing press for your movies, you



Kate Beckinsale stars in the remake of Total Recall. HANDOUT

get a lot of the same questions.

Were you there when (a reporter) asked me if I fantasize about playing Maggie Smith's parts? That was quite a stunning one. Is she not 87? I came back to my room and said, 'I wonder if Colin was asked does he fantasize about

playing Mickey Rooney's parts?' Does that happen? Probably not. I must say, I do find that that's an obsession that seems to be quite rampant in the press, and it doesn't come up in my actual life so much. And then I get quite shocked when I come to press junkets and people are

obsessed with it. It's almost like, 'How are you still going around with that wooden leg and the colostomy bag and the false teeth? How's it going?' It just seems so completely mad to me.

It's the other side of being an actress, really — taking these questions over and over, handling them with grace and humour.

I don't know if I think I'm necessarily very good at it because I feel like I'm far too honest most of the time. I keep hearing about these sort of seminars that other actors have done to figure out how to deal with it, and I was never offered it, told about it — it's too late now, anyway. I do think that my instinct is to be open and treat it as if I am genuinely having a conversation.



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Holmes doing 'really great' since divorce, source says

It's been a month since Katie Holmes filed for divorce from Tom Cruise, and apparently the lifestyle change is working out for her.

"She's doing really great. She's so strong, she's an independent girl with her own ideas. She is fine," a source close to Holmes tells Us Weekly.



Katie Holmes

Holmes has also reportedly been spending more time with 6-year-old daughter Suri.

"She wants to really become a parent and start teaching her strong discipline," another source says, explaining that Holmes realized the young girl had become "very demanding and bratty."

Twitter



@pattonoswalt

If you're selling bed sheets at a Chevron, you probably don't need to bother announcing the thread count.



@marcmaron

I'm fasting to prepare for my trip to Chicago this weekend because I'm going gorge myself there.



@SteveMartinToGo

There's a new reality show on NBC called "The Olympics." The judges need to bicker more and berate the contestants.



@AlbertBrooks

Enjoying Olympics. Just found out the high jump has nothing to do with how you watch it.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



What's his name? Snoop Lion

THE WORD

Monica Weymouth
scene@metronews.ca

We expected that Snoop Dogg would change his name again at some point. The rapper — who was born Calvin Cordozar Broadus, Jr., christened himself Snoop Doggy Dogg, then dropped the Doggy — was at least one reincarnation behind Diddy.

What we didn't expect was that we'd be calling him Snoop Lion. The new name comes after a trip to Jamaica, where he visited with Rastafarian priests.

"I want to bury Snoop Dogg," Snoop revealed at a news conference in New York. "I didn't know that until I went to the temple, where the High Priest asked me what my name was, and I said, 'Snoop Dogg.' And he looked me in my eyes and said, 'No more. You are the light; you are the lion.' From that moment on, it's like I had started to understand why I was there."

Since when did Snoop start to sound like your too-touchy yoga teacher? That's a question for another day.

For today, we ask you this: What is Justin Bieber's spirit animal?

Lindsay Lohan

Spirit animal: C a p u c h i n monkey. Because no other animal is known to both chain smoke and steal.



Justin Bieber

Spirit animal: Chipmunk. The high voice, the admirable scrappiness, the built-in racing stripes: Chipmunk DNA is one diamond earring removed from Bieber's building blocks.

Taylor Swift

Spirit animal: Gazelle. So graceful, so delicate, so innocent. And yet, we'd be really afraid to fall in her pen.



Tom Cruise

Spirit animal: Cockatoo. P e r f e c t l y coiffed and dead behind the eyes, both of these unnerving creatures have learned to speak gibberish while mimicking humans.



Arnold Schwarzenegger and Maria Shriver

Schwarzenegger ranch available at a discount

Arnold Schwarzenegger and Maria Shriver are still looking to unload their 24-acre Santa-Barbara-area ranch and have reduced the price again, according to Radar Online.

The sprawling estate — former owners of which include Clark Gable, Jimmy Stewart and John Wayne — has been on the market since January and is now being offered for \$4.495 million US.

Schwarzenegger and Shriver purchased the property in 2008 for \$4.7 million. Despite taking a potential

loss on the sale, Shriver is reportedly eager to unload it.

"She thinks the land has bad energy," a source says. "Maria's a very spiritual person and she doesn't want any negativity in her life, especially after everything she went through, so she just wants it gone from her life."

That "everything" the source refers to includes Schwarzenegger's admission that he maintained an affair and fathered a child with a member of their household staff.



Fred Willard

ABC drops Willard improv show after arrest

Two weeks after Fred Willard was arrested in an adult theatre for indecent exposure, ABC has decided not to air the final two episodes of his improv show, Trust Us

With Your Life, according to the Associated Press. Willard was previously let go from a show on PBS, Market Warriors, immediately after the arrest.

Whole crew to strip down for Lohan topless scene

Lindsay Lohan will apparently go topless on camera, but there are some interesting conditions.

According to TMZ, before stripping down for a steamy sex scene in her latest project, the Canyons, Lohan insisted the crew do the same, leading to the scene being filmed by about 10 men in their underwear.

Wearing even less, though, was Lohan's co-star, adult film actor James



Lindsay Lohan

Deen, who likely didn't take much issue with removing his clothes.

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Summer is the peak time for Canadian families to go on vacation, but let's face it; the cost of hotels, food and fun can blow your budget. With only a handful of weeks left before the kids go back to school, here's five suggestions for cheap day getaways in Canada.

MAE GIFFORD
travel@metronews.ca

1



Ride around Stanley Park in Vancouver

Estimated cost: \$125-150 for a family of four to rent bikes for half a day

A popular pastime for locals and tourists, renting bikes and sailing around the park's stunning seawall never gets old because you discover something new every time. The park is full of famous landmarks so create a fun (and free!) scavenger hunt by searching for each one.

5

cheap summer activities

Paint a picture in Peggys Cove, Nova Scotia

Estimated cost: Free to \$30 for art supplies

One of the most recognizable lighthouses in the world, a trip to this eastern province isn't complete without a stop at Peggys Cove. Make your next trip there meaningful by getting each person to draw or paint their interpretation of the famous red and white lighthouse. It will be an experience and piece of art that you'll treasure forever.



2

Raft down Calgary's Bow River

Estimated cost: \$10 to \$55 for four to six people

Most Calgarians agree there's no better way to spend a hot summer day than drifting along the Bow River. This activity is free if you already own or can borrow a raft but the cost to rent a six-person floater is \$55. Bring some drinks and snacks and you're laughing. Don't forget sunscreen and life jackets.

Soak up the sun on Grand Beach, Manitoba

Estimated cost: \$10-\$50 for a family of four

Nestled on the eastern shore of Lake Winnipeg, Grand Beach features three kilometres of beautiful white sand. Located within a provincial park, there's a lot of affordable activities to do including hiking, bird watching and camping. Pack a picnic lunch and enjoy it while relaxing on a beach blanket.



Take a deep breath on Toronto's islands

Estimated cost: \$21-\$200 for a family of four, includes ferry and cost of amusement park

Quiet, tranquility and arguably the city's best skyline view can be found on Toronto's islands. Just a quick ferry ride away, Centre Island, Hanlan's Point and Ward's Island provide relief from city life and promote relaxation. Centreville Amusement Park is a popular destination for families because of its 30 rides and attractions. Save \$5 by buying an all-day park pass for four online.

3 FREE

On the web



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WESTJET

Local diner breakfast

Tempo Cafe (6 Chestnut St.)

Near the John Hancock observatory is a cozy

diner that you wouldn't find unless a local led you there. For \$10, you can have an omelette that will feed three (no kidding). It comes in a skillet, on a pile of freshly grated potato

hash browns with toast and homemade marmalade. Try the apple and cheddar, not too cheesy, lots of apple chunks. Freshly pressed juices are a nice surprise. \$20



6

Must-not-miss eats in Chicago

PHOTOS AND TEXT: THERESA ALBERT
travel@metronews.ca

You make it all the way to the Windy City and you don't want to stumble through 10 oily, breaded deep dish pizzas in one long weekend. You want someone to give you the shortcut to finding the best meals and

atmosphere to understand this perfect triad of a town — art, architecture and eats.

Here's your cheat sheet. (All prices are for two.)

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Famous lunch

Frontera Grill (445 North Clark St.) rickbayless.com/restaurants/grill.html

Rick Bayless is America's restaurateur and Frontera Grill is his Mexican eatery that is packed all afternoon. Its funky artwork and bustling crowd gobble up the house specialty, ceviche. The mole trio will get you an overview of real Mexican tastes and the fresh margaritas will make ensure a siesta. \$60-\$75 with drinks



Rooftop cocktails

Trump Tower (401 N Wabash St.) trumphetelcollection.com/chicago/rooftop-restaurants-chicago.php

Chicago is a city best seen from above the ground, so find a patio to rest, recharge and take in the scene. Trump tower has a river view from the 16th floor and serves up freezie pops of booze along with neat, sweet treats like mini Nutella ice cream cones. \$30



More rooftop cocktails...

Tavern Tree-house (130 E Randolph St.) tavernat-thepark.com.

Tavern Tree-house overlooks the Millennium Park and is where Chicago's business beasts boast about their latest score and sip artisanal cocktails/nibble delicious snacks like mini prime rib sandwiches with five-cheese fondue, caramelized onions and jus. \$50



For more fancy fare...

Girl and the Goat (809 W Randolph St.) girlandthegoat.com

Top Chef winner, Stephanie Izard, creates the

most fascinating small-plate-style meal.

Book well in advance or stumble in and hope for a table at the bar — or better yet, at the harvest table on the patio. The menu changes often, but hope that the wood

fired roasted chicken with yuzu harissa or the roasted pig face is still on it. Pick one of the three house-made breads each with their own spreads and the ham frites. \$150 with lots of wine

Don't leave without the dinner

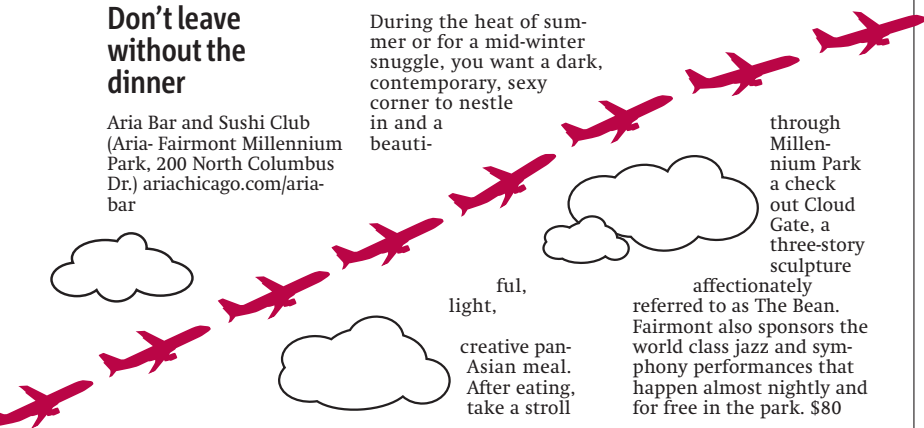
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through Millennium Park a check out Cloud Gate, a three-story sculpture

affectionately referred to as The Bean. Fairmont also sponsors the world class jazz and symphony performances that happen almost nightly and for free in the park. \$80

ful, light, creative pan-Asian meal. After eating, take a stroll



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"MAD MOOSE"

Take a virtual trip to where the brown bears roam

Live streaming 'show'. Alaska's Katmai National Park partners with a website to bring a few of the wonders of nature to people's computers, smartphones and tablets

A new video initiative is bringing the famed brown bears of Alaska's Katmai National Park directly to your computer or smartphone.

Without having to go there, you'll be able to watch mature bears compete for salmon at Brook Falls and other sites and cubs tumbling over each other as they play. Starting last week, a live Web stream (is.gd/bfPAs8) is allowing the public to log on and see the brown bears in their natural habitat.

"I think it's an unparalleled opportunity for people to get that front row seat of the lives of the bears at Brooks Camp," said Roy Wood, chief of interpretation for Katmai National Park and Preserve.

The project is a partnership with explore.org, which set up four high-definition cameras in Katmai, spokesman Jason Damata said. Three of them are at existing viewing stands where bear fans come to watch the animals.

The cameras provide access to a national park that is difficult to reach and expensive for most tourists. It is about 442 kilometres southwest of Anchorage, but no roads lead to Katmai.

A trip there involves multiple airplanes and a lot of advanced planning: it's hard to get a lodge reservation at Brooks Camp before 2014. Camping is allowed, but on a reservation system that goes online Jan. 5.

"It takes a lot of time, a lot of effort and a lot of money, and the webcams will make it accessible to anyone with access to a computer, a smartphone, a tablet device," Wood said.

The park draws just under 10,000 visitors a year, but about 2,200 bears live in Katmai National Park. About 100 of them are in the Brooks Camp area.

One camera is at Brooks Falls, where the bigger male bears compete for salmon, some while the fish are trying to jump the falls. The bears eat mostly the brains and eggs of these fish and let the carcasses flow downstream. This is the prime viewing area now.

The second camera is about 150 yards away, where females and cubs eat the fish scraps floating downstream. The third is at the lower falls, where bears will congregate later this summer when dead salmon float downstream after spawning. "Any bear can catch them when they're dead," Wood said.



Smile, the Katmai brown bears are on camera! PHOTOS: THE ASSOCIATED PRESS



The bear cams are powered by solar and wind energy.

"The placement of the cams is fantastic," Wood added. "I mean, they'll be close enough, many of the bears you'll be able to identify and follow as they eat the salmon at Brooks Falls and raise their young here."

The cameras are powered by solar and wind energy. Microwave signals are sent to the Dumpling Mountain camera, which are then sent to King Salmon, Alaska,



Must be legal drinking age.

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- **Bear cam.** explore.org/#/live-cams/player/brown-bear-salmon-cam-brooks-falls
- **Explore.** explore.org
- **Katmai National Park and Preserve.** nps.gov/katm/index.htm



They are the latest addition to a list of live-streaming webcams in the Pearls of the Planet initiative for explore.org, underwritten by the Annenberg Foundation.

The subjects of other webcams include osprey off the coast of Maine, and polar bears in the Arctic and Scandinavia; locations such as the California redwood trees and in institutions like the Vancouver Aquarium, where cameras are directed on belugas and jelly fish. A camera in Brookeville, Md.,

is focused on a golden retriever and her new litter.

The pups will be raised and trained to be service dogs for military members suffering from post-traumatic stress disorder.

"The mission is simple. We simply want people to fall in love with the world again," said Charles Annenberg, creator of explore.org and vice-president of the Annenberg Foundation.

A previous attempt to set up live bear cams from Katmai with a museum in Homer, Alaska, failed due to lack of funding.

"It's very expensive to run streaming video, more expensive than we could handle with our partnership with the Pratt Museum because both of us don't have a good revenue stream," Wood said.

He said it was a "great, fortunate day for us that explore.org called and said they were interested."

Annenberg, who also goes by the name Charles Annenberg Weingarten, said the intent of the bear cam and others provided by the organization is to make adults fall in love with the

world again.

"I think when you watch these brown bears, and the salmon going upstream and you see the beauty of this nature, I think it's going to put a smile on your face and a sense of bewilderment and awe you felt a long time ago when we were all kids," he said.

He said when people view the live stream, he hopes they realize what they are seeing is pure — there's no ulterior motive other than an experience to reconnect with nature. The cost of the project wasn't disclosed, but explore.org will absorb the full costs. No advertising will be sold.

THE ASSOCIATED PRESS

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Starting your first entry-level or early career job will likely involve a small but significant action: the handshake.

Between networking, conferences, interviews and social events, you'll do a lot of handshaking in your life. U.S. president Theodore Roosevelt once shook more than 8,000 hands in a single day.

While you probably won't go quite that far, it's important to make sure you've got the basics in hand.

When your hands need a hand

Take a minute and really look at your hands.

Hands – the body's most versatile tool – often get neglected because they're in the middle of everything.

You may be advertising your hobbies without knowing it, in the form of paint, dirt or rough,



Meeting a manager for the first time? Don't suffocate them with a double-handed squeeze. One hand will do just fine! ISTOCK

calloused skin.

High-pressure situations can also create problems, as some people are prone to sweating when nervous. At the other end of the spectrum, cold weather can result in dry, cracked skin, which is not only painful, but unpleasant to look at.

Don't forget about your fingernails. Short, worried-looking nails suggest nail-biting (which a prospective employer may interpret as a lack of discipline), while unattended talons present a real risk of injury.

Perfect your pleasant palms

A soak in warm soapy water followed by a scrub with a nail brush will resolve most problems with dirt and grime. Wear gloves when working with your hands. Some retail stores carry a liquid solution which helps keep your hands stain-free.

Manage sweaty palms with

over-the-counter products which will help your hands stay cool and dry. (At networking functions, be sure to hold your drink in your left hand.)

If you're prone to dry skin, find a non-greasy moisturizer that keeps your skin supple.

As a bare minimum, ensure

your nails are trimmed and tidy.

This sort of care and attention helps avoid unpleasant surprises for someone joining you in a hand-clasp – surprises which might turn the friendliest individual off.

Don't be shook by the shake

Everyone dreams of the perfect "deal closer" handshake – the handshake that tells others, "I'm reliable, serious and here to get things done."

While you might think this means an iron grip and a wide smile, handshake protocol varies widely around the world. Different cultures have different conventions relating to bodily contact, handshake pressure and duration, eye contact, and when to shake hands.

RECENT QUEEN'S UNIVERSITY ENGLISH LANGUAGE AND LITERATURE GRADUATE ELIAS DA SILVA-POWELL IS A SUMMER MARKETING AND EDITORIAL INTERN AT TALENTEGG.CA WHO IS RETURNING TO QUEEN'S THIS FALL TO COMPLETE A MASTER'S DEGREE IN ENGLISH.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Get a grip!

Handshake technique

- Employ a one-handed shake. Throwing both hands into the mix is overly intimate.
- Make sure your fingers are together and that your palm connects with the other person's palm squarely.
- Don't shake anyone's hand without standing up. Ever. If you can't be bothered to stand, you don't need to shake hands.
- With that in mind, don't refuse to shake someone's hand when they're sitting.

Networking know-how. An etiquette lesson in making connections

How do you make connections and find a job? It's not just what you know. It's who you know.

Networking is the process of making contact and exchanging information with other people. It involves building relationships and creating a personal set of contacts that may be able to help you in some way.

Networking is attentively and consciously meeting people, being interested in them, remembering who they are and what they do, and exchanging information with them over time.

Networking can be used in many ways in your job search and throughout your career. No matter who you contact, etiquette is important in building and maintaining relationships.

• Be well prepared. Be able to articulate as much as you know about what you are looking for in your career, job search, etc.

• Always be professional, courteous, and considerate.

• Be interested in the people you meet. Most people enjoy the chance to tell you about their own careers and activities.

• Be genuine. Possess a sincere desire to learn. Be honest in asking for advice. If you are only interested in asking for a job, it will show, no matter how you disguise it.

• Be gracious. Write a thank you letter when people take time to meet with you.

• Stay in touch. Update people in your network when you make significant progress in your research or job search.

• Give back. Know enough about the people you meet to keep their needs in mind as you continue to network. You may be able to pass on ideas, articles, and contacts that will interest them.

• Use good judgment about the amount of time you request when you contact people. Do not overstay your welcome, and do not "return to the well" too many times.

CLARE TATTERSALL IS THE MANAGER OF CAREER DEVELOPMENT AND COMMUNITY BASED LEARNING AT HURON UNIVERSITY COLLEGE AT WESTERN UNIVERSITY IN LONDON, ONT.

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Twitter



@TalentEgg •••••
What's one piece of job hunting etiquette advice that you always follow?

@Alison_L_Pearce •••••
Make sure your #references KNOW they're your references!

@IraKates •••••
Research the position you are applying for! I get so many inquiries when I post an #SEM job that do not even bother to research

@jessMvee •••••
Be professional in an interview, but let your personality show too! It's what they'll remember most.

@kloosch •••••
I always remember to use my manners & remember to be patient when waiting for an employer response.

@_Shereen •••••
Present yourself in the best light possible

@lyingdown •••••
Thank you notes make interviewers feel appreciated. Everybody deserves warm fuzzies at the end of the day.

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Student Voice

My degrees are my experience, so hire me already!

Adelle Farrelly,
Graduate, Bachelor of Arts
in English Literature
McGill University, Graduate
Master of Arts in Medieval Studies
University of Toronto
TalentEgg.ca

I always knew in the back of my mind that an academic career was a slim possibility, but I foolishly thought that the skills I would gain from a bachelor's degree, never mind a master's, would give me the flexibility and work ethic that would make me attractive to potential employers.

I was set on applying to PhD programs when the combination of a death in the family and financial struggles gave me pause — that could wait, I thought, until I had worked for a few years in the real world, paid off my student loans, and established what great question I would like to tackle. More grad school is still a possibility down the line, but that dream of real-world work experience is fading fast.

In some ways I have done everything wrong: two arts



degrees, student loans, no real internships to speak of, no connections, no networking, just retail experience and a knack for Latin. Even with a reduced course load, I never had the time others seemed to have for unpaid internships and student groups as I was busy working a retail job.

I was one of the first people in my family to go to university and I had no relatives or family friends able to give me advice or connections. I don't want to make too many excuses, because there are people who start with far less and go much further, but those were the risks and limitations I perceived.

By all conventional wisdom, a degree should mean something. Yet when I finished my MA I found myself working at a certain well-known coffee chain surrounded by fellow students and recent graduates, all of us looking for that "real job" and confused about our fate.

One truly great thing came out of this experience: I realized that what I want to do, what I really want to do, is write.

Where I am now

So, what am I doing now to improve my situation? Reading. Writing. Applying for everything in sight, whether I'm "qualified" or not. Networking socially. Blogging. Translating Latin in my spare time. Quite frankly, writing this. All I need, I keep saying, is just one opportunity with someone willing to show me the ropes.

My recommendations for students

Students! You, there, who wants to be a professor! I am proud of you and know you know your stuff, but remember: if for whatever reason that path doesn't work out, don't assume that you can just "get a job in publishing or something." If that really is your secondary career choice, start putting at least a little effort into that starting now, or you'll end up in my position.

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Which glass to raise?

Setting the bar. When it comes to work events, sip smart

ELIAS
DA SILVA-POWELL
TalentEgg.ca

A networking event can put you touch with everyone from hiring managers and recruiters to company heads, all of whom might be a valuable lead for an entry level or early career job.

The drink in your hand can say a lot about you, or even act as a serious barrier to effective networking.

Beer Beer is a safe bet. It's conventional, relaxed and has the right amount of "work-after-work" feeling to it. Also, if you're at an event for several hours, no one will begrudge you having more than one.

Martinis A martini perfectly captures the goal of a networking function: make a very strong impression in a very

Liquid learning

Shots? Don't. Just don't.

Elias Da Silva-Powell



Order your bevvy with extra ice to keep conversations clear. ISTOCK

short time. However, you may find it hard to close a promising conversation when you can't find your business cards...or your wallet...or your shoes, for that matter.

Mixed drinks

Since these drinks are small in size, it's deceptively easy to wind up with a glass full of ice, which can be distracting, particularly if you find yourself in a crowd with no table in sight. If this is your particular poison, ask for a watered-down drink in a highball glass, not a squat rocks glass. You want to be sure your drink has staying power.

Wine

Wine is the popular go-to drink for networking functions. You'll avoid the bloated feeling that can come with beer, while radiating class and sophistication (sip, don't gulp, junior).

Water

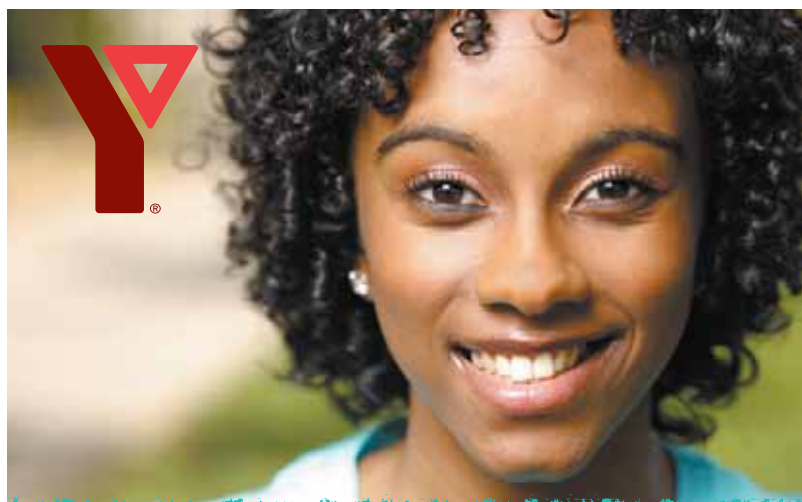
Though many find a drink helps them relax and ease into a casual event, it's important to consider the various merits of water.

Water is not only free at most networking events, it will help you ensure you keep a level head and stay hydrated for the all hand-shaking and card-swapping.

Tip: If you're looking for something a little more lively, try club soda. It's fizzy and fun, and it lacks the sugar content of regular sodas.

You'll never know what small decisions can spark conversations, and which conversations could lead to great job opportunities. Something as small as a shared favourite drink could lead to big things. You can't read minds, but you can avoid some obvious drink don'ts.

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Uniquely Indian spices and sweet honey take apple cake to next level

A delicious blend of Indian spices plus apples and honey make this a great cake for snacking or dessert. It's perfect to enjoy with a glass of ice tea on any summer weekend or bring along to a family get-together.

1. Line a 2-litre (9-inch) square baking pan with foil, allowing 5-cm (2-inch) overhang on 2 sides of pan; grease foil.

2. In a bowl, whisk together flour, ground almonds, baking powder, baking soda, cardamom, cinnamon, nutmeg, cloves and salt.

3. In a large bowl, beat egg with brown sugar until thick and creamy. Combine milk, oil and honey; add to egg mixture. Stir in flour mixture. Fold in apples; spread in prepared pan. Bake in a 180 C (350 F) oven for 35 to 40 minutes or until cake tester comes out clean.

4. Honey Almond Glaze: In a small saucepan, bring honey, apple juice and cardamom to a boil; reduce heat and sim-

Apple Honey Cake with Honey Almond Glaze



This recipe serves nine. THE CANADIAN PRESS H/O

mer for about 5 minutes or until slightly thickened, stirring occasionally.

5. Place cake on wire rack and gently poke several holes

in cake with fork. Carefully pour warm glaze over cake. Sprinkle with toasted almonds. Let cool for about 10 minutes, then lift cake out of pan using foil "handles."

Ingredients

- 325 ml (1 1/3 cups) all-purpose flour
- 150 ml (2/3 cup) ground almonds
- 2 ml (1/2 tsp) each baking powder and baking soda
- 4 ml (3/4 tsp) ground cardamom
- 2 ml (1/2 tsp) ground cinnamon
- 1 ml (1/4 tsp) ground nutmeg
- 1 ml (1/4 tsp) each ground cloves and salt
- 1 egg
- 125 ml (1/2 cup) packed brown sugar
- 50 ml (1/4 cup) each milk and vegetable oil
- 50 ml (1/4 cup) liquid honey
- 2 medium apples, peeled, cored and chopped

Honey Almond Glaze

- 125 ml (1/2 cup) liquid honey
- 30 ml (2 tbsp) apple juice or water
- 0.5 ml (1/8 tsp) ground cardamom
- 50 ml (1/4 cup) toasted sliced almonds

Serve warm or at room temperature.

FOODLAND ONTARIO/ THE CANADIAN PRESS/ ADAPTED BY EMILY RICHARDS (HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

Drink of the Week

The Southside of Morocco Smoothie

- 3 strawberries
- 2 oz (30 ml) pomegranate juice
- 5 mint leaves
- 3/4 oz (20 ml) fresh lime juice
- 3/4 oz (20 ml) agave syrup (1:1 ratio with water)
- 1 slice fresh ginger
- 1 pinch cayenne pepper
- 1 - 2 tbsp (5 - 10 ml) almond butter

Add each ingredient to a blender or food processor and mix until well blended. Serve in a glass, with or without ice, and garnish with a mint sprig. For a slushy texture, blend ingredients with ice or substitute with frozen strawberries.

THE ASSOCIATED PRESS/ ALMONDBOARD.COM



Honey-Glazed Chicken Chopsticks. This combination is perfect for the grill

1. Heat grill to medium-high. Soak 8 wooden chopsticks in water.

2. In a medium saucepan, heat 30 ml (2 tbsp) of the oil over high heat. Add onion and cook until soft, about 2 minutes. Add apple juice and thyme, bring to a boil and cook for 15 to 20 minutes, stirring occasionally, until sauce is thickened and reduced to about 125 ml (1/2 cup).

3. Strain mix into bowl and whisk in honey and soy sauce. Let cool to room temperature.

4. Brush chicken cubes on all sides with remaining canola oil and season with salt. Cut a slit into chicken pieces and insert chopsticks. Skewer all chicken onto 8 chopsticks. Grill until edges begin to brown and chicken is just cooked through, about 8 minutes. Begin brushing with glaze halfway through grilling. Remove to a platter, drizzle with remaining apple honey syrup and season to taste with salt.

THE CANADIAN PRESS/THE ONTARIO TABLE BY LYNN OGRYZLO

Ingredients

- 60 ml (4 tbsp) canola oil, divided
- 1 small red onion, coarsely chopped
- 1 l (4 cups) apple juice
- 4 sprigs fresh thyme
- 50 ml (1/4 cup) light liquid honey
- 15 ml (1 tbsp) soy sauce
- 4 boneless, skinless chicken breasts, cut into 2.5-cm (1-inch) chunks
- Salt, to taste



This recipe serves four. THE CANADIAN PRESS H/O

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Golf

Casey wins skins game in chip-off

Through 18 holes, defending champion Jhonatan Vegas never trailed at the Telus World Skins Game.

But a single shot from England's Paul Casey shot brought Vegas — and the house — down, winning a \$100,000, closest-to-the-pin chip-off to capture the charity event at Glen Arbour Golf Course in Halifax on Tuesday. After only one skin and \$15,000 on Monday, Casey finished with eight skins and \$185,000 thanks to a brilliant strike in the chip-off.

Vegas, who led after the opening day and throughout regulation play, finished second with five skins and \$85,000. He was shut out on the back nine and never lost the lead until Casey swiped the final four skins in the tiebreaker.

Sweden's Carl Pettersson (three skins, \$60,000), Calgary's Stephen Ames (one skin, \$15,000) and American Lucas Glover (one skin, \$15,000) rounded out the field. **THE CANADIAN PRESS**

MLB

No 11th-hour trades for Jays

There were no last-minute deals by Alex Anthopoulos at baseball's non-waiver trade deadline.

The Toronto Blue Jays GM said he had plenty of discussions leading up to the 4 p.m. ET deadline Tuesday, but never was really close to finalizing a deal.

Anthopoulos made two deals late Monday night, however, acquiring relievers Brad Lincoln and Steve Delabar. Toronto sent outfielder Travis Snider to Pittsburgh for right-hander Lincoln while outfielder Eric Thames, who was in Las Vegas, went to Seattle for Delabar, another right-hander. **THE CANADIAN PRESS**

CFL

Burris named offensive player of the week

Another week, another CFL offensive player of the week award for Henry Burris.

The Hamilton Tiger-Cats quarterback secured the honour for a second straight week after throwing four TD passes to rally his team to a 35-34 road win over the Saskatchewan Roughriders. Burris becomes the first player to win consecutive weekly awards since Winnipeg slot-back Milt Stegall in 2006. **THE CANADIAN PRESS**



Daniel Alfredsson of the Ottawa Senators steps onto the ice at Scotiabank Place on Oct. 13, 2011. Alfredsson will return for a 17th season with the only NHL team he has known and where he has been captain since 1999-2000. JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

Alfie commits to one more year

NHL. Sens captain holds off on retirement claiming he feels strong following back surgery and intense workouts in Sweden

Ottawa Senators captain Daniel Alfredsson isn't ready to call it quits just yet.

The 39-year-old announced Tuesday he will return to play out the final year of his four-year contract with the NHL club.

Alfredsson said he needed to test himself in rigorous off-season training to see if his body could withstand another NHL campaign before deciding whether to return. The result was positive.

"I've had the motivation of playing from the beginning, but I had to go through the process," the right winger said on a conference call from Sweden. "With my back problems, I haven't been able to work out as I'd like the last four years.

"And after back surgery last year, I wanted to see where I stand. I'm happy I feel the way I do."

Alfredsson will return for a 17th season with the only NHL team he has known and where he has been captain since 1999-2000.

The gifted playmaker and scorer has amassed 416 goals, 666 assists for 1,082 points in 1,131 games — all team records. He holds the same records in the playoffs, with 111 games, 47 goals, 43 assists and 90 points.

He had suggested he might retire after last season, when he had 27 goals and 32 assists in 75 games and helped Ottawa reach the playoffs. The

Senators lost in seven games in the first round to the New York Rangers.

Alfredsson did intense workouts at the Frolunda club in Sweden along with the Senators' talented young defenceman Erik Karlsson under trainer Peter Froberg that was a new program from what he did in previous off-season. He made up his mind last week he was ready to play again.

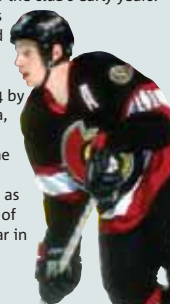
"It was my body that had to make the decision more than anything," he said. "I felt strong, that's the biggest thing."

Not ready to hang up skates

Sens GM Bryan Murray had a Plan B in mind to acquire another skilled veteran if his captain retired, but "not to the degree of Alfredsson and what he brings to the room and the work ethic and the character of the team."

Alfredsson said the Senators look to be on the upswing with their young talent. "I don't think we'll peak for a few more years," he said. "But we showed we can compete with anyone."

- Alfredsson's history goes back to the club's early years. He was drafted 133rd overall in 1994 by Ottawa, and won the Calder Trophy as rookie of the year in 1996.



"If I have my strength I know I can play and contribute."

Money was not a factor, as his contract was "front loaded" so that he will earn \$1 million US next season on a deal that averaged \$4.8 million per season.

"It's a non-issue for me," said Alfredsson, who spoke to general manager Bryan Murray about a one-year extension but decided against it.

Instead, he will play out this season and decide again next summer whether to keep going.

"I'm not saying this is my last year," he said. "If I can still play and contribute, I'll continue."

"I didn't want the pressure of going through this again with a year left on my contract. I wanted a clean sheet."

He also said staying on for the 2014 Winter Olympics in Sochi, Russia did not factor into his decision as it was too far in the future to contemplate. Alfredsson won Olympic gold in 2006 with Sweden.

The sandy-haired winger will join a growing group of NHL players in their 40s that includes stars Jaromir Jagr and Teemu Selanne. He turns 40 on Dec. 11. **THE CANADIAN PRESS**

4 SPORTS

Mobile sports



Two finals, two golds. And all anybody wants to know about Chinese teen swimming sensation Ye Shiwen is whether she's doping. Ye, 16, has never failed a drug test, and Olympic organizers spent much of the day defending her, saying the suspicions were "crazy" and motivated by jealousy. Scan the code for the story.

Games in pictures

1



2



3



1 Foil. Lei takes fencing gold

China's Lei Sheng won the men's individual foil on Tuesday, while Egypt's Alaaeldin Abouelkassem took silver, the first Olympic medal ever claimed by a fencer from Africa.

THE ASSOCIATED PRESS

2 Skulls. Canuck paddlers bow out

Lightweight Canadian double sculls team Doug Vantor of Dewittville, Que., and Morgan Jarvis of Clearwater Bay, Ont., finished fourth in repechage and didn't advance to the semifinals. **THE CANADIAN PRESS**

3 Basketball. U.S. cruise to another victory

Carmelo Anthony and Kevin Love scored 16 points apiece and Kevin Durant added 13 as the U.S. men's basketball team beat Tunisia 110-63. **THE ASSOCIATED PRESS**

Canada lifts, dives and fights its way to 3 bronze on Day 4



Bronze medalist Christine Girard reacts during the women's 63 kg weightlifting final at ExCel on Tuesday. **ROB CARR/GETTY IMAGES**

Canadian medal roundup. Canuck athletes have now captured four bronze medals in London

It was a multi-medal day for Canada at the London Olympics.

Antoine Valois-Fortier won a bronze in men's judo less than 30 minutes after the diving team of Roseline Filion and Meaghan Benfeito captured a bronze in the 10-metre synchronized event.

Quoted

"We had to dive our hearts out. We were ready"

Roseline Filion and her diving partner Meaghan Benfeito, captured a bronze in 10-metre synchronized diving event.

About an hour later, weightlifter Christine Girard captured bronze in the women's 63-kilogram class.

Canada now has four total medals after Tuesday's action, all bronze.

Valois-Fortier, a 22-year-old from Quebec City, defeated American Travis Stevens 1-0 in the bronze medal bout of the men's 81-kilogram judo event.

"It feels amazing. I've sacrificed so much and all of the fights today were very hard," Valois-Fortier said. "It was tough mentally but the whole team supported me and I managed to pull myself together. I wanted it really bad, it's what I work for every day."

Filion, from Laval, Que., and Benfeito, from Montreal, finished with a combined score of 337.62 for their diving bronze.

"We said there was nothing more we could have done," Filion said.



Bronze medalists Roseline Filion, left, and Meaghan Benfeito dive Tuesday in the women's synchronized 10-metre platform final at the Aquatics Centre in Olympic Park. **MICHAEL SOHN/THE ASSOCIATED PRESS**

China continued to dominate the competition, with Chen Ruolin and Wang Hao winning the gold.

"They can make mistakes," added Benfeito. "We try to say we can win the gold. But they're amazing divers."

Paola Espinosa Sanchez and Alejandra Orozco Loza of Mexico took the silver.

Girard, who grew up in Rouyn-Noranda, Que., and lives in White Rock, B.C., completed the hat trick an hour later to become the first Canadian woman to ever win a weightlifting medal at a Games.

She finished third with a total weight of 236 kilograms.

"It is very hard to describe how I feel," Girard said. "Four years ago in Beijing I came fourth and since then I have spent the past four years training through injuries and various changes in my life to get to this moment."



Antoine Valois-Fortier, right, reacts after defeating Travis Stevens of the United States in the men's 81-kilogram judo event Tuesday. **QUINN ROONEY/GETTY IMAGES**

Maiya Maneza of Kazakhstan won gold, while Svetlana Tsarukaeva of Russia captured silver.

The medals come two days after Emilie Heymans

and Jennifer Abel gave Canada its first of the Games with a third-place finish in the women's three-metre synchro.

THE CANADIAN PRESS

Phelps swims into record book with relay win



Michael Phelps celebrates winning gold in the men's 4 x 200m freestyle relay final Tuesday at the Aquatics Centre in Olympic Park. **EZRA SHAW/GETTY IMAGES**

Swimmer Michael Phelps became the most successful Olympian in history Tuesday with a gold and a silver medal that propelled him to a place in the sporting record books and the U.S. to 4x200 freestyle victory.

Phelps shattered the record for most Olympic medals ever with a frustrating defeat in the 200-metre butterfly that left him with silver, followed by a relay gold.

Phelps lost the 200-metre butterfly to South African Chad le Clos, when, after leading all the way, he tried to glide to the wall after his final stroke, opening the way

Career medals

Phelps now has 15 gold, two silver and two bronze medals.

for le Clos to touch the wall first instead. Japan's Takeshi Matsuda took the bronze.

It was an astounding mistake considering he won a memorable race in Beijing when a rival made the very same error. He held his head in his hands as he stood in the pool and appeared upset with himself.

But in his second race of the night, the United States

team of Ryan Lochte, Conor Dwyer, Ricky Berens and Phelps on the anchor leg won in six minutes, 59.70 seconds. France took the silver in 7:02.77, while China was third in 7:06.30. It was Phelps' first gold of these Olympics.

With 19 career medals spanning three Olympics, Phelps broke the record of Soviet gymnast Larisa Latynina, who won 18 medals in 1956, 1960 and 1964.

"You are now a complete legend," the public address announcer bellowed, accompanied by the Foo Fighters' song Best of You.

THE ASSOCIATED PRESS



4 Olympic medals in skates,
2 with pedals.
I'm almost 40
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2012 Canadian Olympic Hopeful

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Canada through on Tancredi's two

Canadian forward Melissa Tancredi celebrates her second-half goal against Sweden at Newcastle on Monday. Tancredi scored her third and fourth goals of the tournament as the seventh-ranked Canadians rebounded from a 2-0 deficit to tie the Swedes 2-2 and book their spot in the next round. Canada will play Britain in the quarter-finals. **FRANK GUNN/THE CANADIAN PRESS**

Wednesday' 3 to watch



Men's 100-m final

Brent Hayden will try to reverse Canada's fortunes in the pool when he competes in the men's 100-metre freestyle final. The Mission, B.C., native finished fourth

in his semifinal heat on Tuesday with a time of 48.21 seconds to advance. **Time:** 2:30 p.m. **Channel:** CTV



Men's cycling time trial

After having to do without team support in the Olympic road race, Canadian cyclist Ryder Hesjedal gets a more even playing field in Wednesday's individual time trial. **Time:** 9:15 a.m. **Channel:** Sportsnet



Men's diving

Three-metre synchronized diving, featuring three-time world champion and two-time Olympic medal-winning Canadian Alexandre Despatie and his partner Reuben Ross. **Time:** 10 a.m. **Channel:** CTV **THE CANADIAN PRESS**

Tennis

Canadian hopes 'slip away' at Wimbledon

Canadian tennis star Milos Raonic's Games came to a heartbreaking end after losing a marathon match 6-3, 3-6, 25-23 to fifth-ranked Frenchman Jo-Wilfried Tsonga on Tuesday.

The hard-serving 21-year-

old from Thornhill, Ont., saw his serve broken while trailing 24-23 in the third set.

"I felt like I played really well for most of the match and I just let it slip away from me at the end," Raonic said.

The official match time was three hours 57 minutes. The third set alone lasted an even three hours. The 66 games played were the most ever in a three-set Olympic match and the 48-game third set also set a record. It wasn't

clear whether any time records were broken.

Aleksandra Wozniak didn't last nearly as long against Venus Williams as the Blainville, Que., native lost out 6-1, 6-1 to the American superstar.

In men's doubles, Toronto's Daniel Nestor and Vancouver's Vasek Pospisil fell in second-round action to the third-seeded Serbian duo of Janko Tipsarevic and Nenad Zimonjic 6-4, 5-7, 11-9.

THE CANADIAN PRESS

Day 4 results

MEDAL STANDINGS

53 of 302 total medal events

Nation	G	S	B	Tot
China	13	6	4	23
United States	9	8	6	23
France	4	3	4	11
South Korea	3	2	3	8
North Korea	3	0	1	4
Kazakhstan	3	0	0	3
Italy	2	4	2	8
Germany	2	3	1	6
Russia	2	2	4	8
South Africa	2	0	0	2
Japan	1	4	8	13
Australia	1	3	2	6
Romania	1	2	2	5
Brazil	1	1	1	3
Hungary	1	1	1	3
Netherlands	1	1	0	2
Ukraine	1	0	2	3
Georgia	1	0	0	1
Lithuania	1	0	0	1
Slovenia	1	0	0	1
Britain	0	2	2	4
Colombia	0	2	0	2
Mexico	0	2	0	2
Indonesia	0	1	1	2
Cuba	0	1	0	1
Denmark	0	1	0	1
Egypt	0	1	0	1
Poland	0	1	0	1
Sweden	0	1	0	1
Taiwan	0	1	0	1
Also				
Canada	0	0	4	4

WHAT CANADA DID

Tuesday at the 2012 London Olympics

BADMINTON

Women's doubles — Alex Bruce, Toronto, and Michele Li, Toronto, lost 21-8, 21-10, to Valeria Sorokina and Nina Vislova, of Russia, in Group A action.

Mixed doubles — Toby Ng, Vancouver, and Grace Gao, Calgary, lost 21-13, 21-16, Robert Mateuski and Nadiezda Zieba, of Poland in Group B action.

JUDO

Men's 81-kg — Antoine Valois-Fortier, Quebec City, defeated Euan Burton, of Britain, in Ip-pon, Kata-guruma, in 1:45, in the round of 32. He defeated Srđjan Mrvaljevic, of Montenegro, in Waza-Ari, Tai-otoshi, in 5:00 in the round of 16. Valois-Fortier lost to Ivan Nitontov, of Russia, in Waza-Ari, Harai-goshi, in 5:00 in the quarter-finals. Valois-Fortier defeated Travis Stevens, of the U.S., for the bronze medal in Yuko, Te-Guruma of Repechage, in 5:00.

SWIMMING

Men's 4x200 freestyle relay — Canada finished seventh in its qualifying heat in 7:15.22 and failed to advance (Blake Worsley, Vancouver, 25.55; Colin Russell, Toronto, 21:3.01; Tobias Oriwol, Toronto, 4:01.79 and Alec Page, Victoria, 5:51.78).

Men's 100 freestyle — Brent Hayden, Mission, B.C. finished third in his qualifying heat in 48.53 and advanced. He finished fourth in his semifinal heat in 48.21 and advanced. Hayden finished sixth in his final heat in 48.21 and advanced to the 100m freestyle final.

Men's 200 breaststroke — Scott Dickens, Burlington, Ont., finished first in his qualifying heat in 2:10.95 and advanced. He finished eighth in his semifinal heat in 2:11.71 and failed to advance.

Women's 200 butterfly — Audrey Lacroix, Pont-Rouge, Que., finished sixth in her qualifying heat in 2:09.25 and advanced. Katherine Savard, Cap-Rouge, Que., finished seventh in her qualifying heat in 2:11.05 and failed to advance. Lacroix finished seventh in her semifinal heat in 2:08.00 and failed to advance.

ROWING

Men's double sculls — Michael Braithwaite, Duncan, B.C., and Kevin Kowalyk, Winnipeg, finished sixth in their semifinal heat in 6:38.94 and advanced to the final.

Men's lightweight double sculls — Douglas Vandro, Dewittville, Que., and Morgan Jarvis, Clearwater Bay, Ont., finished fourth in their repechage qualifying heat in 6:36.03 and advanced to the next heat.

Women's lightweight double sculls — Lindsay Jennerich, Victoria, and Patricia Obee, Victoria, finished second in their repechage qualifying heat in 7:15.37 and advanced to the next heat.

SAILING

Men's finn — Greg Douglas, Toronto, is in 15th place after the sixth race (75).

Men's star — Richard Clarke, Salt Spring Island, B.C., and Tyler Bjorn, Beaconsfield, Que., are in 13th place after the sixth race (50).

Men's 49er — Hunter Lowden, West Vancouver, B.C., and Gordon Cook, Toronto, are in 11th place after the fourth race (41).

Men's laser — David Wright, Toronto, is in 18th place after the fourth race (73).

Women's windsurfer — Nikola Girke, West Vancouver, B.C., is in ninth place after the second race (20).

Women's laser radial — Danielle Dube, Glen Haven, N.S., is in 25th place after the fourth race (96).

TENNIS

Men's singles — Milos Raonic, Thornhill, Ont., lost to Jo-Wilfried Tsonga, of France, in the second round, 6-3, 3-6, 25-23.

Men's doubles — Daniel Nestor, Toronto, and Vasek Pospisil, Vancouver, lost to Janko Tipsarevic and Nenad Zimonjic, of Serbia, in the second round, 6-4, 6-7 (5), 11-9.

Women's singles — Aleksandra Wozniak, Blainville, Que., lost to Venus Williams, of the U.S., 6-1, 6-3.

FENCING

Men's individual foil — Etienne Lalonde Turbide, Verdun, Que., lost to Alexander Maslals, of the U.S., 15-6, in the round of 32.

DIVING

Women's synchronized 10-m platform — Meaghan Benfeito, Montreal, and Roseline Filion, Laval, Que., won the bronze medal with a score of 337.62.

WEIGHTLIFTING

Women's 63-kg — Christine Girard, White Rock, B.C., won the bronze medal with a top weight of 236 kilograms.

GYMNASTICS

Women's team final — Elisabeth Black, Halifax; Victoria Moors, Cambridge, Ont.; Dominique Pegg, Sarnia, Ont.; Brittany Rogers, Coquitlam, B.C. and Kristina Vaculik, Whitby, Ont., finished fifth with a score of 170.804.

SOCCER

WOMEN

FIRST ROUND GROUP E

	GP	W	D	L	GF	GA	Pts
Britain	3	2	0	0	5	0	9
Brazil	3	2	0	1	6	1	6
New Zealand	3	1	0	2	3	3	3
Cameroun	3	0	0	2	1	11	0

Tuesday, July 31

At Wembley, England

Britain 1, Brazil 0

At Coventry, England

New Zealand 3, Cameroon 1

GROUP F

	GP	W	D	L	GF	GA	Pts
Sweden	3	1	2	0	6	3	5
Japan	3	1	2	0	2	1	5
Canada	3	1	1	1	6	4	4
South Africa	3	0	1	2	1	7	1

Tuesday, July 31

At Cardiff, Wales

South Africa 0, Japan 0

At Newcastle, England

Sweden 2, Canada 2

GROUP G

	GP	W	D	L	GF	GA	Pts
United States	3	3	0	0	8	2	9
France	3	2	0	1	8	4	6
North Korea	3	1	0	2	2	6	3
Colombia	3	0	0	3	0	6	0

Tuesday, July 31

At Manchester, England

United States 1, North Korea 0

At Newcastle, England

France 1, Colombia 0

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This is not your regular Jeep



ALL PHOTOS WHEELBASE

5 DRIVE



A blacked-out lower panel houses a pair of four-inch-diameter exhaust tips.

Fuel Saver Technology

To ease the SRT8's 91-octane habit, the 6.4 comes with Fuel Saver Technology that powers down half of the eight cylinders when operating under light or no-load conditions. It doesn't help too much in city driving where consumption is rated at 17.1 l/100 km, but that number drops to 11.4 on the highway.

Base content

All SRT8s arrive contented to a reasonably complete degree, with climate control, heated and cooled leather seats for both rows, heated steering wheel and 20-inch wheels fitted with foot-wide Pirelli all-season performance tires.

Engine

Hauling anything with the SRT8 should be a breeze, owing to its 6.4-litre Hemi V8 generating 470 horsepower and 465 pound-feet of torque. That's up 50 horses and 45 pound-feet from the previous 6.1-litre SRT8. Jeep says that the 6.4 can propel the 2,340-kilogram Grand Cherokee to 60 m.p.h. (96 km/h) from rest in 4.8 seconds.

2012 Jeep GC SRT8

- **Type:** Four-door, four-wheel-drive sport utility vehicle.
- **Engine (hp):** 6.4-litre OHV V8 (470).
- **Mileage:** L/100 km (city/hwy) 17.1/11.4.
- **Base Price (incl. destination):** \$59,000.

Review. Trust Jeep to build yet another vehicle no one else can

MALCOLM GUNN

Wheelbase Media

Acceleration, cornering force on asphalt and stopping distance generally have nothing to do — at all — with the Jeep brand. In fact, the Grand Cherokee SRT8 is about as un-Jeep-y as it gets.

But here it is, a combination that's unique among North American-based sport utility vehicles and a rare achievement for any such model from anywhere at just about any price.

Knobby tires, big ground clearance and exposed door hinges? Nope, but the SRT8 is a Jeep that you just have to love.

The initials refer to Chrysler's Street and Racing Technology division and the Grand Cherokee is one of four such designated models with

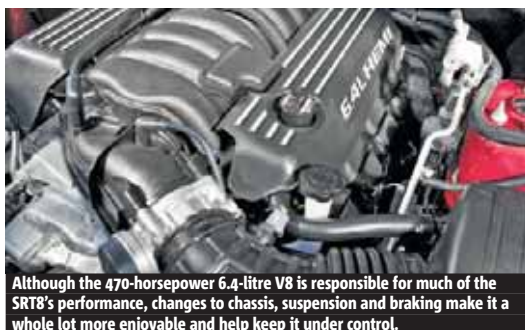
the others being the Chrysler 300 and Dodge Charger sedans plus the Dodge Challenger SRT8 392. Later this year, the Viper coupe returns as the first SRT-nameplated model (the Dodge handle has been dropped).

You're forgiven if you assumed the ride was over for the Grand Cherokee SRT8 when it passed into history following the 2010 model year.

With its big-power V8 and taut suspension, the Jeep delivered Cheetah-like launches along with snappy passing prowess, regardless of weather or road conditions. However, at a cost of thousands more than a more-off-road-capable base Laredo V6 or Limited V8, that could have easily sealed the SRT8's fate.

Well, apparently there remains enough potential buyers with outrageous transportation leanings to prod Jeep into bringing the SRT8 back on line.

Only this time there's more passenger space, luxury features and power, all wrapped up in a sinfully slick wrapper.



Although the 470-horsepower 6.4-litre V8 is responsible for much of the SRT8's performance, changes to chassis, suspension and braking make it a whole lot more enjoyable and help keep it under control.

By comparison



1 Mercedes-Benz ML AMG
Base price: \$100,000



2 BMW X5 M
Base price: \$100,500



3 Porsche Cayenne S
Base price: \$75,500

On the Web



Scan code for more car reviews and news

Last-gen GS owners enjoyed supreme luxury

Second Gear.

2006 to 2012
Lexus GS

JUSTIN
PRITCHARD
drive@metronews.ca

The last-generation Lexus GS offered up a healthy dose of reliable performance, owner satisfaction, and luxury to rival premium-sedan competition from Europe and the U.S.

Available from 2006 to 2012, it offered up numerous configurations and options to fine-tune it to a variety of needs and tastes. Look for navigation, a Mark Levinson stereo system, climate controlled leather seats, a sunroof, push-button start, xenon lights, Bluetooth and plenty more — depending on the model in question.

Common Issues

First, ensure all cabin electronics work as expected — triple checking proper operation of the climate control, navigation, stereo and motorized seats. These components will be expensive to repair or replace if they fail.

Check the condition of the factory tires, and listen for any brake 'squeal' as you stop. A major complaint of the GS is squeaky brakes — which could be the result of improper pads or excessive brake dust. Having the brakes serviced is likely to fix this problem.

Note that a faulty oil line on earlier models with the 3.5-litre engine could lead to oil 'starvation' at startup, resulting in a loud, clattering 'metal on metal' noise from within the engine. Ensure the GS you're test-driving is cold and hasn't been warmed up ahead of your arrival to conceal this sound. Your local Lexus dealer will be familiar with diagnosing and addressing this issue.



TORSTAR NEWS SERVICE

Engine



Six or eight cylinder power was available, with between 245 and 324 horsepower on tap, depending on the engine. All Wheel Drive (AWD) was available too.

What Owners Like



Posh cabin appointments, overall comfort, performance, styling and a long list of gadgets are all enjoyed by Lexus GS owners. A smooth, quiet ride and high-quality, solid feel round out the package.

What Owners Dislike



Road noise, premature tire wear, dashboard rattles and some unintuitive controls are among the most common complaints.

Verdict

A GS that checks out electronically and mechanically should provide a supremely luxurious and dependable motoring experience. Count on paying a premium in the used market compared to some competitors.

Cash-saving realities for aspiring vehicle tuners

Tuning a favourite set of wheels is a pastime, or even a lifestyle, for thousands of young Canadians.

Using performance products to enhance that truck, wagon or sport-compact can be very rewarding — or a total waste of the aspiring tuner's hard-earned cash — depending on the level of knowledge at hand.

Your writer was an aspiring tuner not so long ago. Like most, I've wasted a pile of cash on stuff that offered little return on my investment. Over

the years, I learned from building, racing, lapping and fixing my ride, and others, about several realities that could've saved me money along the way. Here's a closer look.

High octane gas

If your car requires 87 octane and you feed it pricier 91 or 94 octane hoping for some performance benefit, you're wasting about 15 cents a litre. Higher octane fuel has no additional energy in it — so it won't make your stock Honda Civic or Subaru Impreza a spec more

powerful, even with an intake or exhaust. Unless you're driving a high-performance car that's factory-engineered to run high-test fuel, save your money.

Brake upgrades

Slotted and cross-drilled brake rotors or 'track' brake pads are designed to maintain consistent stopping performance when exposed to the high levels of heat generated by driving on a racetrack. Driving on the street doesn't generate these levels of heat. So, on a car driven exclusively on the road, fancy brake

parts are more of a cosmetic upgrade. Some 'track pads' offer limited performance until they're hot — meaning that on the street, your stopping power could suffer if you use them.

Expensive synthetic oil

Synthetic oil offers protection designed for high-performance, track-going Porsches, Ferraris and Lamborghinis. Even if you often redline first and second gear on the street, your engine won't generate enough sustained heat to break down conventional oil — let alone syn-

thetic. So it typically amounts to overkill for the majority of drivers. There are other benefits of synthetic oil though, so do your homework and make sure you're not wasting your money.

+15 horsepower

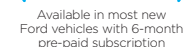
As a general rule, avoid chips, modules, spark-plugs or pour-in-tank products sold at department stores and auto centres that say things like "+15 horsepower" on the package. These are typically bogus and targeted towards a shopper with

extremely limited knowledge.

eBay exhaust

Be weary of 'cheap' exhaust headers, downpipes, mufflers and other parts. Skimping on things attached to your engine is a bad idea — especially when it comes to exhaust parts. Low quality knock-off pieces often leak, crack, split and cause major headaches. Plus they're often time consuming to remove and reinstall. So, seek high-quality parts — and save yourself the headache.

JUSTIN PRITCHARD/FOR METRO



Do you know where the dirt inside your car hides?

Although Canadians have a reputation for being neat and tidy, focusing on cleanliness doesn't appear to be a priority when it comes to our cars.

When compared to the amount of time spent cleaning the kitchen, vehicles are often a neglected source of dirt and grime.

According to a survey conducted by Canadian Tire, almost half of Canadian drivers surveyed spend five to ten hours a week preparing or eating a meal in the kitchen and 83 per cent clean them regularly (more than once a week).

But when it comes to vehicles, we spend an average of five hours a week in our

vehicles, and one in five admit they don't immediately clean food and drink spills, leaving them to attract bacteria.

So where are the dirtiest places in your car and how do you clean them?

"The surfaces touched most frequently, like the steering wheel and cup holder, are usually the dirtiest places inside your car," said Melissa Honour, Canadian Tire's expert on auto cleaning.

"One of the best things car owners can do is clean these high-use spots at least once a week. Many detailing products today not only contain antibacterial agents, but also add an anti-static barrier

against moisture, dust, oxidation, staining and fading."

A few more tips to keep in mind next time you tackle the inside of your ride:

- Start with clearing out the garbage, loose change and junk from inside your car. Wipe down the dashboard, consoles and door panels to remove surface stains, spills and debris.

- Use an auto-glass cleaner on your interior windows to improve visibility, removing film build-up and streaks. Using a regular household cleaner can damage the tint found on all car windows.

- For hard-to-reach places that cannot be easily vacuumed, try using a toothbrush to move the dirt to an accessible spot nearby and clean it up from there.

- With one in four Canadian drivers typically travelling with pets, deodorizing products like Autoglym Odour Eliminator are popular for keeping your vehicle smelling fresh.

- For leather seats, use a leather-specific cleaner on your car's interior to gently remove dirt and stains and help keep leather pliable.

NEWS CANADA



He's smiling because he hasn't cleaned the car's interior yet. NEWS CANADA

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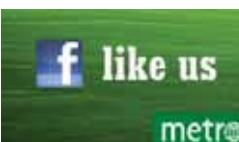
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Horoscopes

Aries

March 21 - April 20

Let employers and people in positions of authority know what you can do. Let them know how hard you work and how much value you add to the tasks you undertake. Make sure you get the recognition you deserve.

Taurus

April 21 - May 21

A new phase has begun but still you are clinging to the past. The planets indicate that it's time to move on and the sooner you come to terms with that fact, the sooner you will enjoy life again.

Gemini

May 22 - June 21

Money matters may be high on your priority list at the moment but that does not mean your social life has to take a back seat. The approaching full moon will bring someone new and exotic into your life.

Cancer

June 22 - July 23

Be generous with others today, even if you have fallen out with them over emotional or material issues that are important to you. There is no point holding grudges — the person it hurts most is you.

Leo

July 24 - Aug. 23

The pace of life is picking up by the hour, if not the minute, and today and tomorrow you will have to react to situations that are not of your choosing. Stay calm and you'll do OK. Nothing can hurt you.

Virgo

Aug. 24 - Sept. 23

Passions will be running high over the next 24 hours and there may be times when it all gets a bit too much for you. Those are the times when you need to back off and let things cool down a bit.

Libra

Sept. 24 - Oct. 23

If nothing else, the approaching full moon will help you to see things from other people's point of view — and that's a useful talent to have. If you know how they think, you'll also know what to expect.

Scorpio

Oct. 24 - Nov. 22

Something amazing will happen over the next 48 hours and although it may cause you a few moments of alarm, you can sense it's all good really. What is an upheaval for some can be an opportunity for you.

Sagittarius

Nov. 23 - Dec. 21

Forget about how much something might cost you and go for it. If it engages your imagination then it must be good. Don't overanalyze what is really a quite simple situation.

Capricorn

Dec. 22 - Jan. 20

Tomorrow's full moon will bring to a head an issue that has been worrying you, but it's what you do today that will determine how much of an impact it has. Be cautious. This is not a time to take risks.

Aquarius

Jan. 21 - Feb. 19

It's not like you to have second thoughts once your mind is made up about something but that's exactly what is happening. Could it be you have taken a wrong turning along the way? Yes.

Pisces

Feb. 20 - March 20

You have every right to express your opinion — in fact it's more than a right, it's a duty. The reason powerful people don't like what you say is because they know it's the truth. All the more reason to say it. **SALLY BROMPTON**

Crossword: Prime Ministers

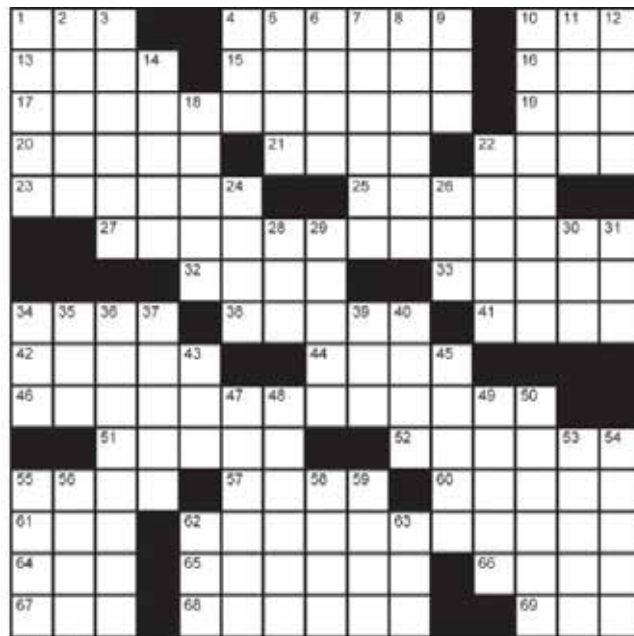
Across

- constrictor: python relative
- Divided up
- of luxury
- Donald: what Huey, Dewey, and Louie called their uncle
- Kansas capital
- Anger
- 13th PM John (1957-1963)
- ATM charge
- Successfully bypassed the bouncer
- Margarine
- Deliver cards
- Isolate, as Napoleon Bonaparte, or leave as a castaway, like Gilligan
- Christmases
- 6th PM, whose 69 days in office in 1896 were the shortest term
- "it down": put it on the floor
- "Let's give !": "Let's try"
- San Francisco's cops: abbr.
- Dashboard engine speed gauges
- Blizzard feature
- 3: Fr.
- 8: Fr.
- 3rd PM (1891-2), between Macdonald and Thompson
- TV hostess O'Donnell
- Prepares clams
- Revolve
- Tae do: karate type
- Loosen, as laces
- Help

- Canada's first woman PM
- Lower limb
- "Rub-a-dub-dub, three men"
- Early Ontario inhabitants
- Before: poetic
- Related on father's side
- Snake's warning

Down

- Barely move
- Burger garnish
- acid: vinegar component
- RR stop
- Bum
- "Be and lend me 50 bucks, willya?"
- Enters again, as data
- Barely make, as a living
- Pop folk singer-songwriter Williams
- Time from cradle to grave
- Acreage
- Apple covering
- Called Wanda: 1988 John Cleese film
- Former Chinese premier Chou
- History and English, etc.: univ. divisions
- Former: poetic
- A: his (Fr.)
- Meadow
- Sketch: classic drawing toy
- Megalomaniacal feature



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- Tier
- Rds.
- End of the work wk.
- Goldilocks meal
- French city famous for mustard
- Wheel center
- Brothers and sisters, briefly
- "Help!"
- Compute the sum of

- Backpacker's activity
- Paul of *Cool Hand Luke*
- Year that Claudius I was born
- French fries, slangily
- The M in MPG and MPH
- 1990s tennis champ Monica with nine Grand Slam titles
- Bargain hunter's

- delight
- Docking platform
- "He doesn't bit afraid, does he?"
- Astro or cosmo follower
- Korean car manufacturer
- Honorary U.K. title

Yesterday's crossword



What's online

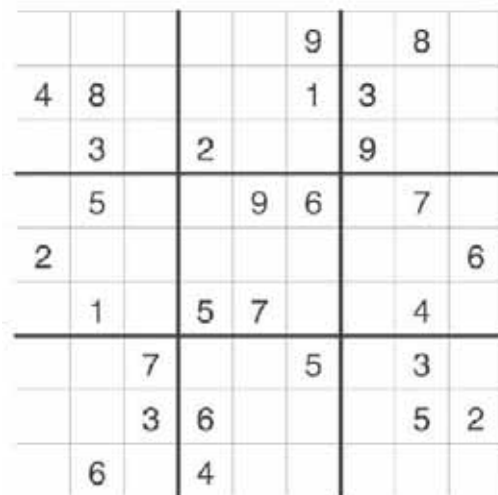
See today's answers at metronews.ca/answers.

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Today

29°/19°

Thundershowers

70%

Thursday

31°/18°

Partly cloudy

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